

Table 4.6: Grip Strength¹

Test Performance	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate ² (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Unable to do (%) ³	2.6	2.3	3.3	2.0	0.6	3.4	4.9
Missing (%) ⁴	5.0	4.5	4.5	7.8	5.4	5.1	3.6
Grip strength (kg) ⁵							
Mean	20.8	22.6	20.1	17.5	21.8	21.2	17.9
5th percentile	12	13	11	11	13	12	8
25th percentile	17	20	17	15	18	17	14
50th percentile	20	23	20	18	21	20	18
75th percentile	24	26	24	20	24	24	20.5
95th percentile	30	31	30	25	30	30	27

(Women's Health and Aging Study, physical assessment, 1992-1995)

¹ Descriptive statistics are based on weighted data.

² No ADL difficulty; disabled in two or more domains (see Chapter 1).

³ Includes women with recent worsening of pain or of arthritis in the wrist, tendonitis, recent surgery on hands or arms or for whom test was thought to be unsafe.

⁴ Includes 53 (5%) women not given the task because of a blood pressure alert.

⁵ The best measure of three attempts for stronger arm.